



EMERGENCY SELF-CARE CHECKLIST

SHC RECOMMENDS A FEW SELF-CARE ITEMS TO BRING
SO THAT YOUR STUDENT HAS EASY ACCESS TO THESE THINGS
WHEN SHC IS NOT OPEN.

- ANTIBIOTIC OINTMENT**
- ANTISEPTIC**
- BAND-AIDS**
- COUGH SYRUP**
- ANTACID**
- TWEEZERS FOR SPLINTER REMOVAL**
- BENADRYL® FOR ALLERGIC REACTIONS**
- COPY OF INSURANCE CARD**
- DIGITAL THERMOMETER (important!)**
- FULL SEMESTER SUPPLY OF ANY LONG-TERM MEDICATIONS**
- STUDENTS SHOULD BE AWARE OF SPECIFIC ALLERGIES AND REACTIONS TO MEDICATIONS AS WELL AS THEIR FAMILY'S HISTORY OF PERTINENT ILLNESSES SUCH AS HEART DISEASE, CANCER, DIABETES, HYPERTENSION, ETC.**
- EXTRA PAIR OF GLASSES, ESPECIALLY IF CONTACTS ARE WORN**
- SUNSCREEN**
- BUG BITE REMEDIES**
- COLD MEDICINE**
- IBUPROFEN**
- TYLENOL®**



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